



Parks & Recreation

CITY OF SANTA BARBARA PARKS AND RECREATION DEPARTMENT

THE ADAPTED RECREATION PROGRAM

We are committed to providing safe, enjoyable, inclusive recreational opportunities for all including individuals with special needs. Our Adapted Recreation Program provides both specialized and inclusive sports and recreation activities for children and adults of all ages and abilities. Participants are able to travel, play, compete, stay active and make friends in a safe, supportive environment staffed by caring professionals. Refer to our Accessibility and Inclusion Policy at the back of this guide.

For information or to register for any of our activities, please call Julie Thomas at (805) 564-5421.

Adapted Bowling

Zodo's Bowling and Beyond, 5925 Calle Real, Goleta

Adapted bowling provides an opportunity for children and adults to socialize and get physical exercise through a fun experience. Competition is not the emphasis; it's the social interaction that makes this program a winner! Come join us whether or not you are a new or experienced bowler!

Fee: \$15 for bowling, shoes, and lunch. No online registration necessary.

9/27/14, 10/11/14, 11/8/14 Sat: 11:00AM – 1:30PM
1/17/15, 2/7/15, 3/14/15, 4/25/15

Shake, Rattle & Roll Dance

Carrillo Recreation Center

Shake, Rattle & Roll is an adapted dance program tailored to individuals of all abilities who love to dance, socialize and meet new people! Instructed by Karen Putnam.

Fee: \$40 per session (12 classes) or \$4 drop-in fee each time

19657 1/8/15 – 4/9/15 Thu: 4:30PM – 5:30PM
(No class on 2/12/15)

20366 4/16/15 – 7/2/15 Thu: 4:30PM – 5:30PM

Dances

Louise Lowry Davis Center, 1232 De La Vina Street

Admission for each dance is \$6 per person. No online registration needed.

HALLOWEEN DANCE

The Halloween Dance is the time to show off your creativity and spooky dance moves. Come in costume and impress new and old friends alike. Prizes are awarded to the best of every category!

10/24/14 7:00PM – 9:00PM

VALENTINE'S DANCE

The Valentine's Dance gives you the chance to bring a sweetheart or just come and be sweet!

2/13/15 7:00PM – 9:00PM

Wheelchair Tennis

Learning mobility on the court helps build strength and cardiovascular ability. Group lessons with Nancy Wheeler at the Municipal Tennis Facility on Mondays for four weeks per session and are limited to 4 players. (805) 564-5573 or (805) 564-5421 for more information.

Fee: \$61/\$68

19440	10/14/14 – 11/4/14	Tue: 2:00PM – 3:15PM
19441	11/18/14 – 12/9/14	Tue: 2:00PM – 3:15PM
19442	1/6/15 – 1/27/15	Tue: 2:00PM – 3:15PM
19443	2/10/15 – 3/3/15	Tue: 2:00PM – 3:15PM

Adapted Golf Program

Co-Sponsored by Cottage Rehabilitation Hospital and Cottage Rehabilitation Hospital Foundation. Designed for persons with physical, visual and/or cognitive impairments. Thirty-minute lessons include putting, chipping and/or driving with occasional use of the golf course. An adapted golf cart is available to use for participants who play from sitting or need assistance with standing balance. The program is wheelchair accessible. For information, please contact René Van Hoorn, Therapeutic Recreation, at (805) 569-8999, ext. 82102 or email rvanhoorn@cottagehealthsystem.org

All-Terrain Wheelchair

Enjoy a summer day on the sand using our All-Terrain wheelchairs!

Two available, free! Cabrillo Bathhouse, 1118 E. Cabrillo Blvd. Call (805) 897-2680.

